

What is claimed is:

1. A recording and reproducing system comprising:
 - a record medium holding a data file of storing predetermined data;
 - data file holding position information file recording means of recording data file holding position information on a position at which said data file is held in a data file holding position information file held on said record medium of storing said data file holding position information; and
 - data reproducing means of reproducing the predetermined data stored by said data file by using said data file holding position information which is recorded.
2. The recording and reproducing system according to claim 1, wherein:
 - said record medium holds a plurality of said data files, and
 - said data file holding position information file stores all the data file holding position information on the positions at which said plurality of data files are held respectively.
3. The recording and reproducing system according to claim 2, wherein:
 - said data file further stores parameter information used for reproducing said predetermined data;

parameter information recording means of recording said parameter information in a parameter information file held on said record medium of storing said parameter information is further provided; and

said data reproducing means reproduces the predetermined data stored by said data file by further using said parameter information which is recorded.

4. The recording and reproducing system according to claim 3, wherein said plurality of said data files are given unique data file IDs by using order in which said parameter information file stores said parameter information respectively.

5. The recording and reproducing system according to claim 4, wherein said data file holding position information on the positions at which said respective data files are held is recorded in said data file holding position information file by using said unique data file IDs which are given.

6. A recording and reproducing method comprising:

a data file holding position information file recording step of recording data file holding position information on a position at which a data file of storing predetermined data is held in a data file holding position information file held

by a record medium holding said data file and said data file holding position information file; and

 a data reproducing step of reproducing the predetermined data stored by said data file by using said data file holding position information which is recorded.

7. A program of, per recording and reproducing method according to claim 6, causing a computer to execute:

 the data file holding position information file recording step of recording data file holding position information on a position at which a data file of storing predetermined data is held in a data file holding position information file held by a record medium holding said data file and said data file holding position information file; and

 the data reproducing step of reproducing the predetermined data stored by said data file by using said data file holding position information which is recorded.

8. A record medium processable by a computer and supporting the program according to claim 7.